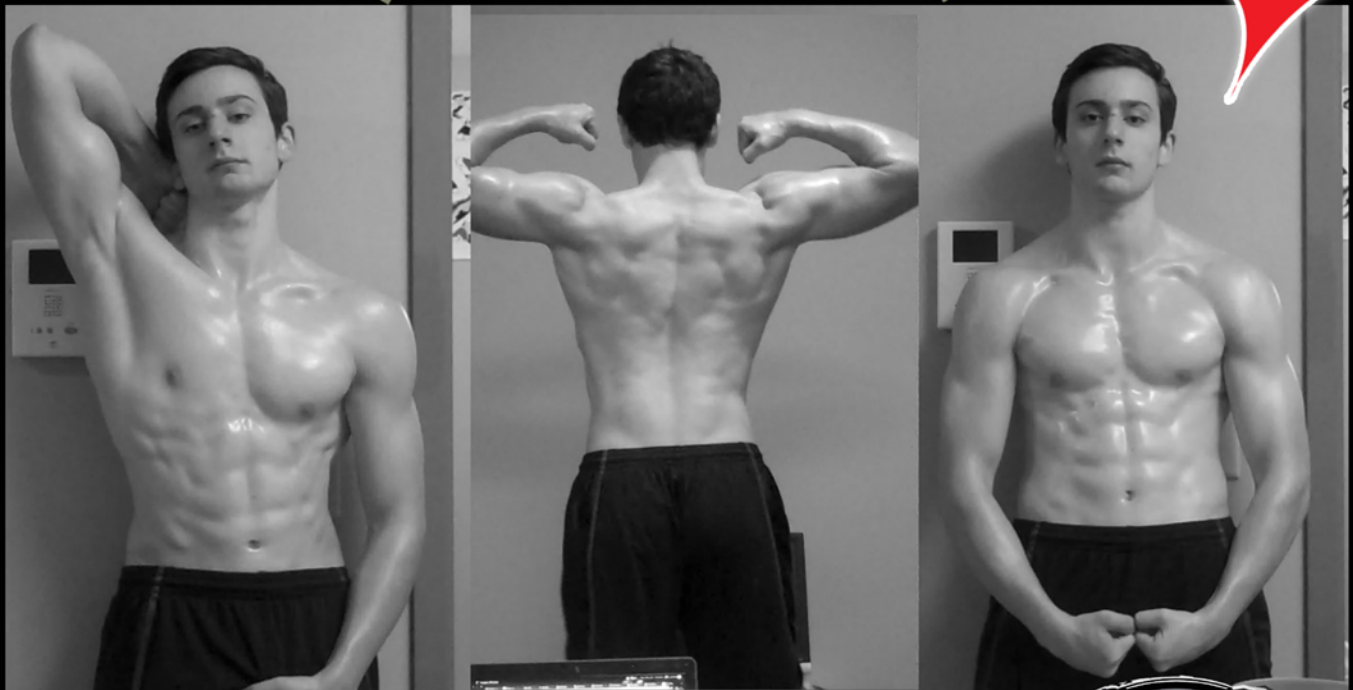


Finding Your Motivation: Interview with Andrew Scott

BEFORE



AFTER



Adonis Lifestyle



Interview with Andrew Scott

Finding Motivation...

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(In other words, spread the wealth, just don't change the message)

From The Desk of **Brad Howard**



Dear Friend,

Welcome to the [Adonis Lifestyle Podcast](#)!

Inside this transcript, you'll find a lot of actionable information that you'll be able to put to use **TODAY** to help develop your body for maximum visual impact. With that said, here are a few things to remember as you're reading through this document.

1. Our trainings and opinions are based solely on the end goal of creating a body based on proportions and social influence. Just as baseball players, powerlifters, and MMA fighters train for a specific purpose, the techniques, tactics, and strategies we talk about revolve around "looks based" training and not "performance based" training. (although your average performance across most all regimes will, in fact, increase as a whole with our advice)
2. "Health" based training takes a backseat as the recommendations we give create bodies that fall within all of the generally accepted "parameters" for good health (blood pressure, heart health, etc) by default. And, although we do talk about health and aging from time to time, realize that "health" comes with the package, without having to **FOCUS** on it.
3. Our opinions are strictly our own and sometimes are about as un-PC as you can get, but we'll never hide from the truth or try to sugar coat reality. Our job is to help you get in the exact shape you want, with all the BS aside. So, if you think we're a little harsh sometimes... just know we've got your best interest at heart.

So, with all of that said, dive in and enjoy. If you'd like more information on our workout systems, just [click this link](#). We guarantee you'll save a bunch of time and energy in the process.

Your friend,

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Brad Howard: All right guys, welcome once again to your Adonis Lifestyle podcast. I'm Brad Howard and John Barban is on the phone once again. And we also have Andrew Scott on the phone with us as well. Andrew did a great job on the last Adonis Index contest and we are going to get some insights from him as to how he accomplished his transformation. So Andrew, I really appreciate you being here, buddy.

Andrew Scott: Yeah, no problem.

Brad Howard: Let's get some background on you really quickly. How old are you?

Andrew Scott: I'm currently 18. I bought the Adonis system when I was 17. It was four months before my 18th birthday, so I started even before I was 18. I'm in Fort Wayne, Indiana and going to Indiana Tech right now.

Brad Howard: And what were some of the things that like before you got involved in all this stuff. I mean, were you working out at all?

Andrew Scott: I am not completely oblivious to lifting. I've done a little bit of lifting before for sports and I always did a lot more lower body than I've ever done on upper body. I've never actually had a program for upper body.

Brad Howard: What were some of the things you want to touch on, John, really quickly?

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John Barban: Well, the first thing I was going to ask is what kind of lower body program? What did you follow along before, like what kind of training? Where did you find your work out information before us?

Andrew Scott: For the most part, I did lower body for my vertical because I'm a basketball player and I was really concerned with getting a higher vertical. I had Bionic Jumping Power at one point. There was another plyometric one that I was doing. So it was like two or three times a week in the weight room. The plyometric one was then five or six times a week with body weight.

John Barban: Okay, and you were solely focused on performance at that point?

Andrew Scott: Yeah.

Brad Howard: So what made you decide that you want to kind of switch gears? I mean, did you still do a lot of the performance-based training as well with the Adonis stuff? Or what made you decide and you were like, "Hmm, I want to do something else, or at least add in something else?"

Andrew Scott: Yeah, I mean, there was a point where I was like, "You know, I am getting pushed around here and I don't like this for sport." And everyday I'm getting pushed down by bigger guys and I just want to get bigger and get stronger. And I had seen in a newsletter, but I don't remember which one it was, where I had seen the Adonis Lifestyle Systems before and I tried them out. But at that time it was \$80 and I couldn't afford that at that time. And then a few months later, the same thing, but it was

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half off at \$40 and I could not pass that up for the strength I was going to get and also the ratio that seemed pretty awesome.

Brad Howard: So, right now, are you still doing any performance training, too?

Andrew Scott: Not right now. I mean, the Adonis system covers a ton of stuff with upper body, lower body and the foundation muscle and squat twice a week. I can't really fit much more in than what you've given.

Brad Howard: Got you. So what is your vertical at right now?

Andrew Scott: Oh, I haven't checked in so long, but I'm guessing it's still over two feet or around 30 inches.

Brad Howard: Oh, okay, cool.

John Barban: Wow, that's good.

Brad Howard: Yeah, John has got a 12-inch vertical.

John Barban: Oh, come on.

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Brad Howard: That's awesome. What position do you play?

Andrew Scott: My coach is putting me around everywhere, so sometimes I was playing center and at 5.11, I was really getting pushed around.

Brad Howard: Right.

Andrew Scott: I play a bunch of positions.

Brad Howard: Yeah, I got you. I was out in Indiana out toward Indianapolis a couple of years ago. I tell you what, man, Indiana guys can ball. There is no doubt about it. It was amazing. You guys can shoot, man. That's just all there is to it. You guys can just straight up shoot. I mean, we did really well in this because I had a couple of guys that actually plays JUCO ball. They were on our team. I mean, you couldn't do anything. You put hands in the face that you might as well slap the guy in the face and he will still score. It was ridiculous.

John Barban: Well, you guys are in the two hubs for basketball, tobacco row and Indiana.

Brad Howard: Yeah, I'm in Raleigh, Durham, Chapel Hill, so NC State, Duke and Carolina. I mean, literally Duke and Carolina are less than ten minutes from our house each way.

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John Barban: You are just straight up basketball country all the way.

Brad Howard: Yeah. So it's pretty cool and then obviously Indiana is the same thing. What were some of the insights that you've gotten? I mean, are people treating you differently? That type of thing.

Andrew Scott: Yeah, absolutely. I mean, I wasn't playing for the team at that time, but I got the programs. But I had a bunch of friends and we play basketball, shoot around. People just get out of my way. I mean, I could just drive to the hoop kind of like LeBron James and people are getting out of the way.

Brad Howard: Yeah.

Andrew Scott: People have seen that I've gotten bigger, but it's coming to the college, people don't treat me like I'm the small guy anymore. I join their fraternity and we hosted a party and I was like crowd control towards the end because you are probably one of the strongest guys in the house and you are crowd control now.

Brad Howard: Yeah, Barban, you did that, didn't you?

John Barban: Yeah, it's not that much fun, if you don't want to be, but if you got defaulted into that.

Brad Howard: Well, at the beginning it is fun, isn't it?

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John Barban: I guess so. Yeah, I have to remind myself. When you are younger, it is kind of cool to be looked up to because you have more muscle and size than everyone else.

Brad Howard: Yeah, that's pretty interesting. So Barban, what other kinds of things you got on the plate? I'm going to look at some of these questions, by the way.

John Barban: Okay, walk us through what it's been like for you going through the first contest.

Andrew Scott: Okay, the very first one...

John Barban: Yeah.

Andrew Scott: All right, yeah. That first week I was in the BUILD category. God, my arms were killing me. Like with the biceps I couldn't straighten my arms. It was just so hard. I hadn't lifted consistently in so long, so I've always loved being sore the next day because then I know the day before I had actually done a good workout. I got a membership to get the Triple Stack program after that. I'm doing Triple Stack. I've gone one and a half times through before Adonis 3.0 came out and then I went back to the Foundation because I really wanted to go all the way through the system and not just part of the way. I want to do the whole thing. How it all started. I am looking at a 2-year plan that you guys have. The RAGE I absolutely love. I always look forward to

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doing them and when I'm in the middle of them, I become like, "Why was I looking forward to this? I am killing myself here."

John Barban: Yeah, they are kind of like that.

Andrew Scott: Yeah, you look forward to them and then you get to doing them and you are like, "Oh God, this is very hard." But when you finish it, you feel really good about yourself.

John Barban: And that's part of why they are there. There is a change. I put them there. They are overreaching. They are designed to actually push you about as hard as you can push. I mean, that's about the right reaction. You look forward to them and then when you are in them, you look forward to the ending.

Andrew Scott: Yeah.

Brad Howard: Yeah, there's a funny story behind those. We were joking about workouts that would make you throw up and we were just telling stories back and forth, with John and I back and forth, "You know, I wish you would create something that would literally just make people throw up." And we were just throwing it around and having a good time and then about a week later, he was like, "Well, I got something that we might be able to use. I mean, it's kind of along the lines of what we were talking about." I'm like, "Are you serious, man?" And he was like, "Yeah." And so literally when we say these things, it was designed to make you throw up, I mean, that's kind of what they were born out of and it was just funny.

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John Barban: Well, clearly our goal isn't to make anyone throw up, but...

Brad Howard: Right, but...

John Barban: But it works backwards from that too; what's the hardest you can work without overdoing it? And that's basically what these are. You can't do them for a month straight. There is just no way.

Andrew Scott: Yeah, no way.

Brad Howard: Yeah.

John Barban: And I know some people have tried, and I tried, like I tried them first. You don't have to try it. I know you can't do them for a month, but they are just meant to be for short periods of overreaching. Okay, so you went through all of that stuff. What did you think of ATS?

Andrew Scott: Oh, with ATS, well, especially the 1-P-2 tempo, that is just a killer.

John Barban: Yeah.

Andrew Scott: This is the real deal. ATS was very, very difficult, but I love it.

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John Barban: And what do you think of the transition from that to MBF?

Andrew Scott: It's a little bit different. ATS works on the AI more than the foundation. I mean that both are very, very difficult. I can't say. If it's easy I wouldn't be doing them.

Brad Howard: That's true.

John Barban: And so is your plan to follow the full Mega-Cycle now?

Andrew Scott: Oh yeah.

John Barban: All the way through the Clusters?

Andrew Scott: Oh yeah.

John Barban: Okay.

Brad Howard: Yeah, Clusters is next. Clusters is sick. They are all sick. It's kind of weird. You are going through them and you are cursing Barban out and then for Clusters, you should be cursing Pilon out basically.

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John Barban: Yeah.

Brad Howard: It is like, "Are you guys demented or what?"

John Barban: No, this is just what it takes.

Brad Howard: Yeah.

John Barban: Well, I mean the results speak for themselves. Okay, let me say it another way. Any workout that's written on paper is nothing until you put the effort in.

Brad Howard: Sure.

John Barban: Andrew, why don't you speak to us about the type of effort you actually have to put in to get the results you've achieved?

Andrew Scott: Oh you have to hit it every day. I mean, sometimes when I bring people over, they may not have lifted all the time and then they tell me that that workout didn't make me sore. I'm like, "Well, were you doing it right?" Sometimes I couldn't coach them the whole way because at one time I had eight people in there with me. So if you don't do them right, it's not going to hurt. You have to really hit the weights. If you can't get that last rep, you would go down in weight and you do it.

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Brad Howard: So what were some of the mistakes you were seeing that the other guys around you were making? Like when they were saying, “Oh, that didn’t do anything.”

Andrew Scott: Yeah, I mean, they see the high number of reps only 60 seconds for a rep and they take like 25 pounds when they should be doing 30-40 pounds and they are like, “Well, you know, I don’t get much rest.” I’m like, “Well, you should still be doing it one set at a time, one set at a time. If it’s too heavy, then you go down and you finish the set.”

John Barban: And that’s a huge point no one gets. It probably takes years to get to the point where you can use the same weights set after set. But for those shorter rest intervals, you are right on the money. You may be following a descending pyramid in weight, not by design but by necessity, and over time, and now you’ve seen in the forum some of the more experienced guys and the older guys can get to the point where they can hold that weight set to set even with the short rest. Have you got to that point?

Andrew Scott: Yeah, I was getting around there when I was doing ATS. I’m seeing what I’m doing now for the Foundation, since the workouts are the same week to week, I always try to move up 5-10 pounds or whatever it is in each exercise. But when I do that like in the early endurance set, I actually can’t do as much in the next ones I have done the previous week because I’m already so tired, but you always try to go up. You always try to move up.

John Barban: Right, and that’s exactly how you are supposed to be approaching it.

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Brad Howard: Yeah, that's the biggest mistake I see and I don't think it's when people are using it in the five rep ranges or maybe even the eight, but when you are in there, 13-21, it seems like people in the higher rep ranges when people really can slack off as far as the amount of weight that they use.

John Barban: I think so because there is so much wiggle room and that burn hurts so bad that I think people don't want to feel it, so they just try to go lighter or something.

Brad Howard: Yeah, yeah, and I don't think people understand the concept. Maybe it's just the way things have been presented over time as far as high reps and how it's been portrayed, but it's kind of like people get that when you are doing five reps, the fifth should be hard. When you are doing eight reps, eighth should be hard. But I don't think people understand the concept that yeah, 13 should be hard. And you are like, "What? That just doesn't fit."

John Barban: Or 21 is actually supposed to be hard.

Brad Howard: Yeah, there is this disconnect there somehow in some way, but that's one of the big hang ups for a lot of people, especially, "You know, oh, this is too easy." I'm like, "Well, you didn't use enough weight. I mean that's just blatantly obvious." So what were some of other mistakes you some of the guys making?

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Andrew Scott: The form is a big one too. It's great when you can have someone there who knows what they are doing and they can teach you the form. Other than that, quitting early and then not finishing the set and form.

Brad Howard: Yeah.

John Barban: From exercise to exercise, yeah for sure.

Brad Howard: Yeah, it makes sense. So were you working out in a gym or did you have some stuff at home or how did that go?

Andrew Scott: Yeah, I was working out in the gym. When I was in high school, I had to get up at 6 o'clock every morning before school and hit the gym. When I came to college we have a gym as well. Now, I tried going whenever I have the time during the day; but eventually I said, "You know, this isn't working. Sometimes I'm missing it and sometimes I just really don't feel like going." So I went back to getting up at 6 o'clock. I know it sounds really weird and then college was supposed to be staying up late and getting up late, but the workouts were important to me. I made some time for them and getting up at 6 o'clock and hitting it in the morning.

John Barban: And you find that's the best way to stay consistent.

Andrew Scott: Oh yeah. It's good because throughout the day I can still feel I'm energized and my muscles are warm in the winter and I feel really good.

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John Barban: And that's an interesting point, so I totally understand it because that lifestyle and how distracting it is. Do you have people tugging you away from your workouts? Are people supportive? Or you kind of just keep it on the down low. Since it's in the morning, people don't even know that you do it. Like obviously they don't see when you are there now.

Andrew Scott: Right, yeah. Sometimes the ones that were coming with me before, they are like, "When are you going to work out?" "I work out at 6 AM, unless you want to get up at that time, I can't really lift with you anymore." But when I was doing them in the afternoon and things were going on, people were like, "You can just skip it, right?" "No, I have to be there. I'm doing this for me." So it was just a lot easier to do it at a time when no one was going to pull me away and when I knew that there was nothing else going on.

Brad Howard: Yeah.

John Barban: So you basically employed the strategy of not even putting yourself in a position to have to make the choice. You partition your days that way.

Andrew Scott: Oh yeah.

John Barban: Yeah, that's important. Now, you built a significant amount of muscle and you have maintained it, like you are ripped. And a lot of older guys are jealous of

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the condition you are in because a lot of guys fall into the bulk trap and spend half their life trying to get back down to the type of leanness you have.

Andrew Scott: Yeah.

John Barban: Tell us about what you've understood about nutrition or if you even cared about it, and what you have or haven't done. You know our philosophy that the weight training takes cares of the muscle building and if you're a guy needs to lose fat, he uses his diet. But other than, is there anything? Do you take creatine? Is there anything you've done to help spur along the muscle with the muscle gains? Do you pay attention to protein? Just walk us through that because people are going to be interested in that.

Andrew Scott: Okay, yeah. I have this \$20 creatine. It's going to last you five months. I take creatine everyday. I got 2-pound containers of protein from Walmart, so it's only \$30 and that's going to last you two months. It's pretty cheap to get this stuff and I am always watching what I eat. It's not easy to maintain weight. I'd really, really respect guys who are losing weight and committed to that because I know it's hard. I'm watching my calories all the time. If there is a feast and someone is paying for my meal, then I can't eat the next day. It's still hard even to maintain weight, but I was always making sure I was getting 70 grams of protein a day. If I didn't get the milk in, I would take protein shakes once or twice a day. So I'm always getting protein. I am always getting the 70 grams of protein.

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John Barban: And then after that, you just ate kind of whatever else to get up to what felt good?

Andrew Scott: Yeah, yeah. I mean I still have to pay attention, like I have to cut out. If they have ice cream, there is ice cream every meal. I'm like, "Okay, I can't eat the ice cream because I'm going to gain weight." I still have to be careful maintaining calories.

John Barban: Right, so what was the way you did it? You just kind of monitored how you look and if you felt like you are getting a bit smooth, you would pull back a little bit?

Andrew Scott: Yeah, yeah. I mean, if I felt like I ate too much the day before, I'd go and grab a measuring tape and see, "Oh, yeah. I'm an inch over where I was yesterday." So I cut back on the calories for the next week.

John Barban: Yeah.

Andrew Scott: The Transformation Contest ended right before Thanksgiving because everyone wants to cut that week before, so I was really low calorie that week before Thanksgiving. And even after Thanksgiving break, I came back and I weighed myself, I said, "Wow, even though I ate so much over Thanksgiving break, I am still where I was before because the contest ended right before it and I was low calorie at that time."

John Barban: Oh, and we did that on purpose because we have so many people in the United States that it was just silly to have it end after Thanksgiving.

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Brad Howard: Yeah.

John Barban: We got it in right under the wire and it's a good way to end it. I think from now on, one of the three contests will always end that day.

Brad Howard: Oh yeah, we pretty much already have it planned. I mean, it's like around about January 15th, May 15th and then I think it's August 15th roughly. Around those when all the contests will start. You bring up a couple of interesting things that I've been thinking about over the last couple of days. Number one, obviously, you are marching to the beat of your own drum and you have decided that, "Damn it! Somebody has got to lead. It might as well be me and I've been thinking about that concept overall. I was just kind of watching and it's not necessarily a lead, but I'm kind of just getting the feeling that there is big vacuum of leadership that's out there and so whenever somebody wants to step up and grab it, it's going to be given to him. It is such a vacuum it just sucks you in. The person that can march to his own beat and take care of himself the way he needs to in all facets is going to just kill it. And then on the other end, we talked about covert nutrition a lot, but in reality with kind of what you are talking about it's almost covert everything and I have been thinking about this too. It's almost like your success or failure is solely built on what people don't see you do.

John Barban: Yeah, like you've gone another level. You work out at a time when no one ever sees that either.

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Brad Howard: Yeah, like nobody sees the people at 6 AM. Nobody would see the way you eat, like literally you could be growing in front of people's eyes and people would just be like, "What the hell is going on," because they wouldn't know.

Andrew Scott: Yeah, I think it's pretty important to try to be covert per se about the way you are eating because if someone is like, "You know, hey, let's go and get some ice cream." "No, no, I can't." But I don't know, yet sometimes you have to be more covert about it than others because if you tell them, "You know, I'm watching my weight." They are like, "You are skinny. I don't understand why you are watching your weight." I'm like, "I'm maintaining weight." People just don't understand sometimes the concept of watching your calories.

John Barban: And the interesting thing is, especially in university, the person that's saying that to you, there is a high likelihood they are going to put on the freshman 15 and a year later they are going to be 15 pounds fatter simply because it's tough. I mean, lots of people gain fat in university and I know at your age, you probably don't believe this, but a lot of people keep that fat for the rest of their lives. So it's good that at your age you are already aware of it, but you are not obsessive about it because for most people, first year university is when it all happens to everyone. That's when they start their fat gain for the rest of their life.

Brad Howard: Yeah, because I mean you could schedule classes whenever you want to. I mean, I had people that would only schedule classes after 1 o'clock. Do you know what I mean?

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John Barban: Oh, yeah. I remember people who said any class before 10 AM was not a chance. They are like, "I've never seen a classroom before 10 AM."

Brad Howard: Sure, I figured it out, like after the first semester, it didn't matter what the class was, I was skipping class.

John Barban: So Andrew, especially as an example for other guys in university, clearly you are proving that it's possible to build muscle and maintain a pretty ripped physique in university. What are some of the other challenges or things that pop up that you would advise other guys, like how to get around it. The idea of scheduling a workout makes a lot of sense. Is there anything else that you've noticed that has really helped like an idea that you came up with or a system?

Andrew Scott: Well, yeah, not exactly a system, but it's really hard when someone is going to take you out to eat and they are going to pay for your meal. You can't usually turn that down when you are in college. So if you see that that's going to happen in the future, sometimes it's hard to predict that it's going to happen, but you have to go low calorie before it happens. I was listening to your podcast before Thanksgiving on the end of the Transformation. You don't want to feel guilty about when you are eating too much. If you want to get there, eat low calorie before it happens.

John Barban: Like preemptively prepare for it then enjoy yourself and then like you said, after Thanksgiving it was a wash.

Andrew Scott: Yeah.

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John Barban: Yeah. Dealing with that guilt afterwards is significantly harder than prepping for it ahead of time.

Brad Howard: Yeah, the way most people approach nutrition and being anti-social about it is if you look at longevity issues like the two biggest things within the longevity research is caloric restriction and overall happiness, which overall happiness can be teased out into how cool you think you are or social life. So I mean, if you are giving up all of your social activities just to be “healthy”, well, technically I can make the argument that it is not healthy and in fact, both Barban and Pilon have made the fun argument that birthday cake has to be the healthiest food in that regard.

Andrew Scott: Yeah, absolutely. I’m not saying like to cut it out altogether.

Brad Howard: Sure.

Andrew Scott: But there were some days when I was definitely like, “You know, I’m eating way over what I should be.” I kept eating but I understood that with the next few days I definitely had to either stay in the weight room longer or skip a meal, which really isn’t hard because if you miss a mealtime in college, if they are not serving any other time, you just have to be careful and staying out of your dorm room if you have food there.

Brad Howard: Nice.

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John Barban: Yeah, so it's just understanding the landscape of where you live.

Andrew Scott: Yeah.

Brad Howard: But it doesn't sound like you are stressing out. It just sound like an awareness, just kind of, "Oh okay, this is what I've got to do." It doesn't seem like that you are very compulsive about the stuff.

John Barban: Was there anything in our stuff... our stuff, look at how technical I'm speaking... was there anything in our...

Brad Howard: They all find out the true Barban now.

John Barban: I know. Is there anything in our materials or what we talked about that was a leap of faith for you, like was there something we said that you are like, "Okay, that sounds crazy, but okay." Or did it just sort of make sense? Was there any point where you are like, "Okay, these guys are BS, but I'll trust it"?

Andrew Scott: I mean, the Eat Stop Eat, it wasn't exactly a leap of faith. It made sense in theory, but I was like, "You know, can I really not eat for 24 hours?" And it's hard when you miss your first meal a few hours after that. You are going to get really hungry, but that first time when I was doing it, an hour before, two hours after, I was

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really hungry, but once I told my stomach that I was not going to eat. I didn't feel as hungry.

John Barban: So that was the one thing that was a bit of a departure from anything you were familiar with?

Andrew Scott: Oh yeah, it seemed really hard, but once you get into it, it's a lot easier. And the thing is, after you do it once, the next day you aren't eating as much. It's seems like it gets a whole a lot easier.

John Barban: And that's the thing a lot of people who don't do it assume it will happen the opposite way. They think you will just crush food, but you have experienced the same thing we have that it ends up that you can't even eat up to what you think you might have eaten.

Andrew Scott: Right.

Brad Howard: With the ESE, the reason I think it's good has nothing to do with any of the weight loss stuff and the fasting and things like that as far as what it can do for you. For me, having people read it and do it one time, it's almost like breaking free of all these chains. It's like all of a sudden this whole big ass world just opens up in front of you. It's like the veil opens up like, "Holy shit."

John Barban: Now, there is a million different ways to eat...

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Brad Howard: Yeah, I didn't die.

John Barban: Your metabolism is not broken, none of that stuff.

Brad Howard: Yeah, and my ear didn't fall off. I'm not bleeding at my fingertips.

John Barban: Well, I think the other thing it teaches you, and like Andrew you just said this, it kind of shows you it's just mind over matter. I mean, once you just decide, "Well, I'm just not going to eat." Now, I don't know if people who have read Eat Stop Eat and I don't know, has anyone asked you about that? Or do they even know you do that?

Andrew Scott: I mean, a few of my close friends know that I might skip a meal here or there, but I don't really say usually that I'm not eating all day.

John Barban: So you don't get any blowback with people. You've just kept that one sort of covert too, right?

Andrew Scott: Yeah.

Brad Howard: I would never tell anybody I was fasting, ever.

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John Barban: So in general, with the entire process, someone who kind of hangs around you, without really being intertwined in the way your work out and eat, they would think somehow you are just building muscle and they just can never see how it's happening.

Andrew Scott: Well, yeah, I mean, the ones that are not seeing what I'm doing with my nutrition, they would joke with me if we eat a lot and say "Oh hey, you can't eat for the next week." Yeah, I don't tell them, but it doesn't take that long, but just a day or two days in the week and then you are back where you were.

John Barban: Oh, they don't realize how quickly you can just normalize a big eat day.

Andrew Scott: Yeah.

Brad Howard: I think the social implications and people navigating that mine field, well, that's what it is, that is a huge mine field, I still cannot see any benefit whatsoever to telling anybody what you are doing, other than people that have either already done it or are trying to do it with you.

John Barban: Yeah, there are so many people who are just going to view it the wrong way and it's not necessary. It's tough, man. That's why people who work out and kind of get into this a little bit tend to find other people who do it and just sort of keep that conversation among them because like Andrew just said, if someone who actually can push hard through a workout, even among people who work out, some of them just sort

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of show up and go through the motions and others really push it. So even out of that crowd, you only really want to talk to the other people who push hard as you do.

Brad Howard: Yeah.

John Barban: Because if you start hanging around with people who go to the gym but they do it more for show than for what it actually produces, they are not putting the real work in, so they could end up dragging your workout back sort of with them.

Andrew Scott: Yeah.

Brad Howard: One of the big things is that when you are out of shape, like all of the people that are close to you kind of give you permission to be out of shape. It's like, "Oh yes, it's not your fault. You know, you just got bad genetics. So yeah, look at your uncle, you know, he's got those same genes too. You know, don't worry about it. You will get to handle it one day." Do you know what I mean? They like to console you, but the mass public looks at you differently. So if you are super skinny, like people look at you a lot differently. If you are overweight, people look at you differently. I mean, people judge you and they judge you negatively. But when that changes, and you get in really great shape and so if you go to the other end of the spectrum, so we are not talking about going into average, because it's like okay. So when you start out let's say sub par.

John Barban: So you are either too skinny or too big.

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Brad Howard: Right, so you are either too fat or too skinny. Like literally there is some negative judgments that happen on the public side and on your private side, there is a lot of support, but even a lot of those people are like, "You should put the fork down once in a while." But overall, they are kind of supportive and then when you move to the middle where you become average, you are kind of invisible like you are kind of into the mass blob, so you are not judged negatively but you are not really judged positively either. You are just kind of there. But this is where you get a lot of your best feedback from your private life because they are like, "Oh yeah, you did such a good job. I've seen you grow, blah, blah, blah." So you kind of move neutral, and then when you move to something extraordinary where you really take it to the next level when you become on the top 2% of people in that regard in body composition, it's like the people in your private life, and they don't even mean to, but you start getting a lot more of the snide comments, "Oh, that's not healthy. Or you are talking this way too seriously." That type of thing.

John Barban: You get blowback from the closest people and then you get support from people who don't even know you.

Brad Howard: Exactly, people in your public life, when they see you, you get a lot more attraction. Job interviews go better. I mean, if you are in sales, you close more. I mean, people look at you and whistle at you or whatever it is, I mean, guys or girls. It's almost like there are two ends of the spectrum and they flip flop, if that makes sense?

John Barban: Yeah.

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Brad Howard: I've experienced it. I can't lie. But do you know what the funny thing is? It's the same thing with cars and houses and all of that type of stuff, too. It's anything like that where if you are driving around a beater, like the people in your private life that are close to you like, "I don't care what you drive or whatever, it's cool." But the people that you don't know, they are like, "Oh damn, look at that beater. What the else has he got, a 2 x 4 as a spoiler, right?"

But then you get a kind of an average car, let's say, like an Honda Accord or something like that, you are just kind of, "Yeah." You are just kind of in the middle of the mass of nobodies. I don't want to say nobodies, but it's kind of where everybody is the same. So the people close to you, they kind of don't care and the people that are not close, they kind of don't care either.

But if you move up into the world where you go and let's say you buy a Ferrari, because I have experienced this. I don't have a Ferrari, but six years ago I bought a Benz and this is the exact same thing that happened. The people closest to me, family, friends and stuff like that, you kind of got the, "Dude, you don't need that type of a thing." But the people that didn't know you treated you a lot differently better and assumed different things, more opportunities. So it's really weird.

John Barban: Have you had any of that happen to you, Andrew, like where these odd differences between people close and far from you reacting the opposite way?

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Andrew Scott: Oh yeah, I don't know in particular if that has happened. I don't really wear tight clothing all that much. But there was one time last year that three months into the program I've got a visit over Christmas break from one of my old friends and you have dinner and we went to eat out at a place that we used to go eat at and I was telling her about how I was doing this weightlifting program and she's like, "Oh wow! That's why I felt like I couldn't break you in half when we hug."

Brad Howard: Right.

John Barban: Oh man, that's what her words were?

Andrew Scott: Yeah, it was something like that.

Brad Howard: I can see that. I can also see because you are a little bit younger, you are not going to see a lot of that blowback, like at all, like with the flip flop that you are going to get. When you are younger, you tend to get more I think positive interactions from people in your life.

John Barban: Well, also you've got juvenile muscle growth on your side too. You are in your growth phase regardless.

Brad Howard: Yeah.

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John Barban: I would think it's even easier for you at your age because people are going to expect to see you grow up and out, so to speak.

Andrew Scott: Yeah.

John Barban: So you are just enhancing that by working out.

Andrew Scott: Yeah, I have had like relatives asked me if I had gotten taller since the last time, I'm like, "No, I'm still 5'11. I might be bigger but I've not gotten taller."

Brad Howard: Yeah.

John Barban: Oh, here is another one. Were you caught up in the concept of body weight? Or as far as progress goes, do you use measurements, the muscle index, or your AI index? Do you care about weight? I mean, because obviously guys in your position are all going to be looking to you and think, "Well, okay, we want to be bigger." And the idea is how do you quantify bigger? So how do you specifically perceive that?

Andrew Scott: I mean, for me it's mostly measurements. I never ever hit 180, but I used to be like 155 or 160. And when I started the program, I got on creatine, I was getting a lot heavier, but I always went back, "Okay, it seems like I'm too heavy now, but I go to the waist measurement and it says that I'm not that heavy or my waist is still at where it needs to be. So I'm thinking of cutting down to 165 before January 1st. I don't know. It's in my mind right now and see where that puts me in my waist measurement.

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But I'm conscious of how much I weigh but the most important thing is waist and shoulders for me.

John Barban: Okay, man, you are doing well. I can't wait to see where you are five years from now, like there are so many other people who have to get the worry about weight out of their head and all of these other issues out of their head before they can really start progressing. But that's a barrier that you just never have to deal with it, but that's good.

Andrew Scott: Yeah.

Brad Howard: Yeah, it's kind of good you can just handle that at such a young age.

John Barban: I'm kind of jealous actually.

Brad Howard: Yeah, me too. Well, like I didn't gain the freshman 15. I gained like the 21-15 or something when I was at university. When I turned 21, like my senior year, we just went ape shit basically and we were drinking like six nights a week and oh man, it was bad. This is right as I'm going to my first year of grad school and stuff like that.

John Barban: Basically don't do what we did. Do what Andrew does.

Brad Howard: Yeah, exactly. Don't ever take our advice on how we lived when we were young.

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John Barban: Yeah, just don't.

Brad Howard: Yeah, great stories, but you would end up looking like a pile of ass.

John Barban: So moving forward, are you going to enter the Open?

Andrew Scott: Oh yeah, I'm really planning on it.

John Barban: Oh, by the way, what I was going to say is, at least, for the Open, you don't need to be tanned. You can just do like a spray tan just before it and then it just washes off in a week.

Andrew Scott: Yeah, and I told my room mates that, "You know, okay, this contest is ending." They knew that I was in it and I was like, "I have to go and get a tan." And they are like, "What? What?" They have cars and I need them to drive me to a place and they are like, "No, you don't need that." "Well, okay."

John Barban: They cut you off.

Andrew Scott: Yeah, they did.

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Brad Howard: You should say to them “Do you see this money that just came into my account? Don’t ever argue with me again.”

John Barban: Yeah, yeah. Oh, it’s pretty funny.

Brad Howard: Yeah, it’s pretty funny. Do you know the funny thing about it is that I don’t think people understand that you can actually make money off of us.

John Barban: Anybody who has won knows that.

Brad Howard: Yeah. I mean, literally, you can make money off of us. Yeah, I mean, you have to buy the system to get in, but...

John Barban: You make more than that back if you place in a show.

Brad Howard: Yeah, exactly. It is just so funny. We get a decent amount of people entering.

John Barban: And it just keeps going up. I think the Open is going to be ridiculous, like you better bring you’re A game, but I mean with the condition you are in, I think you will do well.

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Brad Howard: Yeah. I think if people knew how many people entered these contests, more people would enter.

Andrew Scott: Yeah.

Brad Howard: Do you know what I mean? Because a lot of people have a really good chance of winning, everybody that enters has a shot. We hardly ever get an entry...

John Barban: That didn't have a shot.

Brad Howard: Yeah, so pretty much everybody has a shot and I just have a feeling that we tripled or even quadruple the number of eligible people that could possibly have a shot that just don't bother. And I'm like, "Dude, just take a picture and send that thing in, man. Who cares?"

Andrew Scott: Yeah. You can't get discouraged if you don't win. I mean, the first one I entered I didn't win a prize or anything. I got a shirt, but you can't get discouraged. This time around I was like, "Yeah, I have a chance again, but if I don't win, I'm going to be okay with it because the improvements speak for themselves." I was doing it for myself and the Transformation Contest was kind of there to keep me on track.

John Barban: Yeah, can you speak more about that, to make a change? I think this is true, but tell us, do you think you could have got where you got to without entering the contest?

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Andrew Scott: Man, I don't know. I mean, sometimes in the nutrition standpoint was the really, really big thing with the contest. It wasn't so much the weightlifting. For the nutrition, I was telling myself, "You know, you are in this contest, you can't eat that. You are going to gain a lot of weight." I mean, it's somewhat yes and no. I can't really say unless I have a time machine that can go back in time. But in the weight room, I'm just doing extra things. One time the weight room closed early and I knew I was in the contest. I did lunges all the way back to my dorm room.

John Barban: That's awesome.

Brad Howard: Nice.

John Barban: That's just awesome.

Andrew Scott: People will walk and pass me, "What the heck is this guy doing?" Just don't pay attention to other people if they don't think what you are doing seems normal. I mean, you do it for yourself. Don't do it for other people.

Brad Howard: Oh yeah.

John Barban: Yeah, and that's the best advice, and think about it, if it's normal, then you are just getting normal results.

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Brad Howard: Yeah, I heard a quote one time, and I think it was Puff Daddy who said. He might have even been drunk on YouTube, he goes, "Man, it's hard enough to be good. Imagine how much work you have to put in to be excellent or to be the best." Because he's like, "It's hard enough just to be good. It's hard work just to be good. Just imagine what you have to do to be the best." And I thought about it and I was like, "It's true, man." And so then I came by with another quote. It was something about, "You can get as far as you want to go as long as you are willing to go further."

John Barban: Well, yeah. There is a reason why only certain people win, it's because only certain people put the effort in.

Brad Howard: Yeah. I keep saying this, it's like a vacuum or whatever that it's just waiting for people to step up into it.

John Barban: And so Andrew, basically going on the vacuum leadership thing, you have said you had upwards of eight guys coming with you. Did they just see how you changed? And they are like, "Well, could you teach us?"

Andrew Scott: Well, I mean, some of them were like really interested in coming to lift and like, yeah, I have only lifted for a year and I'm where I am now. I used to have almost no muscle at all. And so word is starting to spread. They tell their room mates and I've just got a bunch of people coming with me at one point.

John Barban: And did you mind helping them? Like I know personally, I have no patience for anyone with me who is not 100% in, like if they even slack for 20 minutes,

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I'm like, "Okay, you are just wasting my time." And that's okay to be that way, just so you know. Like if they are not right with you rep for rep, don't let them wreck your workout.

Andrew Scott: Yeah, if they weren't doing the workout, they weren't willing to do it the way I was telling them, like, "Okay, you know, you can work out if you want to. It's right there on the binder. You can do what you want as long as you are in here. That's fine with me. But don't tell me that the workout doesn't work for you." If they were really motivated to do it, then I would help them.

John Barban: Right, so they have to prove that they are willing students before you are going to bother even being the teacher.

Andrew Scott: Yeah, I mean, I would be the teacher for a little while, but if I realize that they are not going to really do it the way they are supposed to be doing it, then it was there for them to use if they wanted to. I was happy that they were in the weight room, but other than that, I wasn't going to go out of my way to help them.

John Barban: Right, it's the whole lead the horse to water, but you can't make them drink.

Brad Howard: Plus there is a difference between a pull mentality and push mentality.

John Barban: Right.

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Brad Howard: A lot of people are trying to push people onto what they are trying to do, “Oh yeah, you should do this and this is the best thing ever, blah, blah, blah,” which kind of nobody ever listens to. They are like, “Oh, you are just trying to get me to do it because that’s what you believe.” You kind of have the pull mentality. Well, you are kind of almost agnostic, like Pilon likes to say where he’s like a diet agnostic. He’s not atheist or diet atheist. He didn’t believe in not dieting at all, but it’s kind of just however you want to do it. It’s fine with me. I like my way. But you just say, “All right, well, this is my way. This is what I’m doing. You can do it whatever you want to.” But when you are getting results, I mean, you just pull people to you and then you can afford to say, “All right, well, look, you can work out with me, and that’s fine. But here are the rules, if you are not down with the rules, then that’s fine. You just can’t work out with me. No harm. I don’t care either way. I mean, I want to help you, but that’s the way it is.

Andrew Scott: It’s always nice to have other people in there because I know one time I was kind of in a slump in my squats. I wasn’t probably doing as much as I should have been doing, and one of the guys that I had been working out with before, he’s like, “Are you only doing that much? And that just pushed me, so sometimes you are going to get in a slump and you have to find something that really makes you hit it even harder.

Brad Howard: Yeah, talk about that for a second. I mean, how do you manage? Because we all go to the gym sometimes and we are just like, “Oh, I’m not feeling it.” What do you do with that? I mean, obviously you are going in at 6 AM a lot of the times, sometimes as early, sometimes you are not just feeling it, and sometimes the day before which was rough and maybe you are not. What are some of the things that you do to either push through or do you have strategies? Do you have a rule? Because I

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have got a couple of rules I'll share as well that I use for myself, but I want to get an idea of what you kind of use to help you get you through.

Andrew Scott: There are a lot of things in my life right now that are helping me get through. One is I have my iPod there, so I have this playlist called Power. If I'm really tired in the morning and I'm like, "Oh, I don't want to do these squats." I switch it to a song that really gets me pumped up and I just turn the volume up all the way. I know it's really bad for my ears but I kind of press it on, "Okay, I'm ready to go." I got my adrenaline pumping and I don't feel as tired because of the music. I should really start making a list of things that get me really mad and get me wanting to hit the weights even harder everyday.

One of them for me was I wanted to use my newfound strength, I guess, for something. So I went to a cheerleading practice and girls there were afraid to do stunts and stuff with me because I'm not exactly as strong as the other guys. My form isn't perfect so I didn't feel good about that, so the next day I just really hit the weights hard. I was sore for the next week. My arms were hurting. I was just really, really sore. You've got to find things and make a list of what makes you angry or makes you want to get stronger.

John Barban: And then that's source of motivation. It's tough and that's makes a lot of sense because every workout requires quite a bit of effort so that effort in your mind has to pay off towards something. And that's part of where the contest comes in too, right?

Andrew Scott: Yeah, yeah. Absolutely. It keeps you on track a little bit more.

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Brad Howard: Yeah, I mean, you've already touched on some of the things that you've figured out as far as having to work out early. I'm the same way. I typically have to work out early in the day or it won't get done because I just don't feel like it. As for me, end of the day is the time to wind down. Beginning of the day is how I set up my day. Then I'm also kind of along the lines of you have to give what you want to get, so if you want more energy that day, you have to give a lot of energy to do it. So like yesterday, for example, I had to go to the grocery store and most of the time I'm just kind of roaming around the grocery store, but yesterday was a busy day. It needed to be a busy day and so I literally was like hustling around the grocery store like speed walking and getting stuff and I didn't have a cart. I just had it in my hands. And when I walked out, when I was done, I was out and took the car, I was like, "Man, I'm kind of jazzed right now." Just by the act of giving, of actually expending that energy and doing it because you knew you had to keep kind of pumped up.

John Barban: You just set the tone for the day more or less.

Brad Howard: Yeah, some of the other things or rules I have, I have the ten minute rule that I always tell myself. If I'm not feeling it that day, I'll go to the gym and I'll just make a deal with myself. If it's a really bad day, I'll get on the treadmill or something and start to walk, run, do something for ten minutes. And if after ten minutes I'm still not feeling it, I'll go home.

John Barban: Well, that's fair.

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Brad Howard: Yeah, but 95% of the time, I feel better and ready to roll. So I kind of set it and then that works for me with just kind of having the ten-minute rule. That is just the mandatory rule I have with this ten-minute rule. If it's a day that I'm supposed to work out, I'll just go. And if I'm not feeling it, and I'm like, "All right, it's a ten-minute day and let's just see what happens." But for most people, it's the consistency of actually doing it, so at least I went, so I kept that streak going because I'm really big on streaking and momentum. There are just ways to do that for myself. Barban, do you got anything like that?

John Barban: Yeah, well, I have. I guess I have one little thing. It's the difference between a day and a night workout. And now that the day is getting shorter, I have to psychologically prepare myself for a workout if the sun is up when I go to the gym versus if the sun is already down by the time I go to the gym. And obviously throughout the year the time the sun goes down changes, like a 7 o'clock workout now, it's all dark, but a 7 o'clock workout in the middle of the summer it's still light out. And I know that it doesn't make any sense that should make any difference, but for me it's a huge barrier, whether or not it's a day workout or an evening workout and I actually have to prepare myself. It's the mood I'm in on the way to the gym and if I'm not in the mood for an evening workout, even though in the summer, 7 o'clock isn't an evening workout, but now it is, it actually wrecks it for me. Maybe I'm just psychologically weak or something, but I don't know. If it has to be a day workout, I have to basically chase the light. So it has to be light out. I don't know. It doesn't make any sense.

Brad Howard: Yeah, but it is what it is.

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John Barban: Yeah, I can't help it. It is just what it is and I don't know if I have seasonal effective disorder. I don't know what it is, but I seem to want to work out at least on the way to the gym the sun still has to be up.

Brad Howard: Well, you kind of bring up a good point and like Andrew, you were talking about this and kind of determined this for yourself. It's like a lot of people are trying to figure out why they are the way they are instead of just being like, "All right, well, this is the way I am. Let's just work with this." And so they spend all this energy trying to make something different. Like you were just talking about like, "All right, well, for some reason this is the way it is. Do you know what? I could go and get therapy and try to figure out what the hell is bothering me and if I have something in my childhood that totally wrecked my nighttime workouts or I could just...."

John Barban: Work out in the day.

Brad Howard: So I think that's a kind of a big thing. Again, people were kind of going back and going, "There must be something wrong with me. I can't work out at night very well."

John Barban: And all of that leads into trying to tell people how their diet has to be. That's impossible. Nobody knows how anyone else eats. Nobody knows how anyone else should eat. Yeah, you need some vitamins and minerals. You need some amount of carbohydrates and some amount of protein and then after that get it in however you can get it in and that's it. There is nothing else to it. Andrew, you worked out at 6 AM

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because it works. When people ask, "What's the best time of day to work out?" It's the time of day you can get to the gym, that's the answer.

Andrew Scott: Yeah, and you have to find that time. Sometimes it won't work, sometimes it does, but once you find the time, don't make excuses for yourself. This morning I don't have any classes on Friday, so I was really, really tired this morning for some reason and I hit this snooze button for probably 45 minutes. Okay I'm going to the weight room.

Brad Howard: So all right, Andrew, just kind of close out your biggest insights really quickly on what you've determined for yourself on what works and if you had to share advice for guys like yourself at your age, what would you say?

Andrew Scott: Find something that gets you started and get you momentum going, but then you have to do it for yourself and then don't make excuses for missing. One day, my knee hurt really bad and I could almost hardly walk, but I got to the weight room, stretched it out. I did light squats with no weight on the bar. I figured out that it's just a bruise. I'm not going to be able to make it worse. I'm not saying, "Go and lift and then injure yourself," but don't make excuses. If you are hurting and then you realized that it's not going to actually affect how you are lifting then still go to the weight room. Maybe you have to change certain exercises a little bit but getting there is the most important thing and then doing it for yourself and constantly find more motivation to keep going.

Brad Howard: Nice. Barban, have you got anything on that?

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John Barban: No, that was great. And then I guess the last thing, and I like what you said, but would you recommend people to enter some sort of contest or set some kind of deadline goal to move towards it?

Andrew Scott: Oh, absolutely. I mean, even if you completely blow out the contest, you are going to get angry at yourself, maybe, hopefully and then enter another one and keep going. But wherever you can find motivation, maybe it's just results. I spend a lot more time in front of the mirror these days. Maybe I'm vain. I'm thinking of putting on the saying : 'You say vain like it's a bad thing' on the back of my Adonis Lifestyle T-shirt. But find motivation where you can, maybe it's the results you are getting or maybe you have to enter a contest. Once you get going, you will find that you will probably enjoy it.

Brad Howard: It's great.

John Barban: Well, in this case, I think vanity serves people well. If there is a touch of vanity mixed into trying to get yourself into a better shape, that's not a bad thing.

Brad Howard: Yeah, when people think vain, they think of it as a negative term, which if you strictly define it the way it is, yeah, I'm sure. But if you are just trying to work out to look better, that's not vanity. That is just self-improvement.

John Barban: Yeah.

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Brad Howard: That is just the reality of how society works.

Andrew Scott: Yeah, be proud of where you are.

John Barban: Yeah, and you know what, and we've got to wrap this up, our society doesn't allow or at least doesn't allow you to be proud of yourself. It is almost like you have to be humble and you can't actually ever even indicate that you are proud of yourself. You have to let other people be proud of you, so I'm so glad you just said, "Be proud of yourself," because a lot of people have been taught that they are not allowed to do that and that's just ridiculous and that holds so many people back.

Brad Howard: Well, that's one of the sources of self-esteem. I mean, the two biggest source of self-esteem are how you think you look versus other people and how cool you think you are or social life. In all the research that I've ever seen on self-esteem, those are the two things and that basically kind of comes about is of how proud you are of yourself.

Brad Howard: Well, Andrew I appreciate you being on the call. It has been a good time and for John Barban, I'm Brad Howard, and that's your Adonis Lifestyle podcast.

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